



Bread Pudding with Bourbon Sauce

READY IN



70 min.

SERVINGS



8

CALORIES



526 kcal

DESSERT

Ingredients

- ☐ 2 cups milk
- ☐ 0.3 cup butter
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 2 eggs slightly beaten
- ☐ 6 cups unseasoned bread cubes dry (8 slices)
- ☐ 0.5 cup raisins
- ☐ 1 cup brown sugar packed

- ☐ 0.5 cup butter
- ☐ 2 tablespoons whipping cream
- ☐ 3 tablespoons bourbon

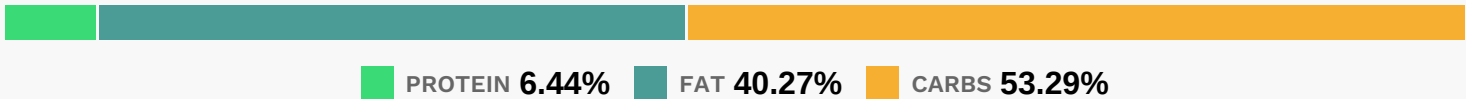
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 2-quart saucepan, heat milk and 1/4 cup butter over medium heat until butter is melted and milk is hot.
- ☐ In large bowl, mix granulated sugar, cinnamon, salt and eggs with wire whisk until well blended. Stir in bread cubes and raisins. Stir in milk mixture.
- ☐ Pour into ungreased 8-inch square (2-quart) glass baking dish or 1 1/2-quart casserole.
- ☐ Place casserole in 13x9-inch pan; pour boiling water into pan until 1 inch deep.
- ☐ Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge of baking dish comes out clean.
- ☐ In 1-quart heavy saucepan, heat all sauce ingredients to boiling over medium heat, stirring constantly, until sugar is dissolved.
- ☐ Serve sauce over warm bread pudding. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:24.35, Inflammation Score:-6, Nutrition Score:10.790869570297%

Nutrients (% of daily need)

Calories: 526.23kcal (26.31%), Fat: 23.48g (36.12%), Saturated Fat: 6.21g (38.78%), Carbohydrates: 69.92g (23.31%), Net Carbohydrates: 67.49g (24.54%), Sugar: 44.65g (49.61%), Cholesterol: 52.48mg (17.49%), Sodium: 522.27mg (22.71%), Alcohol: 1.88g (100%), Alcohol %: 1.23% (100%), Protein: 8.45g (16.9%), Manganese: 0.59mg (29.67%), Selenium: 17.21µg (24.59%), Vitamin A: 976.15IU (19.52%), Calcium: 170.59mg (17.06%), Vitamin B2: 0.27mg (16.14%), Phosphorus: 152.92mg (15.29%), Vitamin B1: 0.22mg (14.97%), Vitamin B3: 2.56mg (12.81%), Iron: 2.17mg (12.05%), Folate: 41.79µg (10.45%), Fiber: 2.43g (9.72%), Potassium: 291.2mg (8.32%), Vitamin B5: 0.81mg (8.09%), Magnesium: 32.11mg (8.03%), Vitamin B12: 0.45µg (7.58%), Vitamin B6: 0.13mg (6.73%), Vitamin D: 0.95µg (6.34%), Vitamin E: 0.93mg (6.17%), Zinc: 0.87mg (5.8%), Copper: 0.11mg (5.72%), Vitamin K: 2.47µg (2.35%)